









Product Comparison Matrix

						
	Quark CPET	Quark RMR	K5	Fitmate PRO	Fitmate MED	Fitmate
Technology						
Gas Sensors Technology						
Oxygen (O ₂)	●	●	●	●	●	●
Carbon Dioxide (CO ₂)	●	●	●			
Gas Sampling Technology						
Breath by breath (BxB)	●	●	●			
Dilution (Mixing Chamber)	○ (8,6 Liters)	○	○ (Micro DMC)	● (Micro DMC)	● (Micro DMC)	● (Micro DMC)
Tests						
Cardio Pulmonary Exercise Testing						
Pulmonary Gas Exchange (VO ₂ , VCO ₂)	●	○	●	VO ₂ only	VO ₂ only	
VO ₂ max	●	○	●	●	●	
Sub-max VO ₂	●	○	●	●	●	
Thresholds (AT, RCP)	2	○	2	1	1	
Heart Rate with HR belt	●	●	●	●	●	
Integrated 12-lead Stress test ECG	○	○	○		○	
Integrated Pulse Oximetry (SpO ₂)	○	○	○		○	
ANT+ Profiles	1 (HR)	1 (HR)	5	1 (HR)	1 (HR)	○
Integrated GPS			10 Hz (Internal)			
3D Motion sensors			Accelerometer			
Ergometers Remote Control	PC/RS-232	○	PC	RS-232	RS-232	
Default exercise protocols	●	○	●	●	●	
User defined protocols	Unlimited	○	Unlimited	1	1	
Ergometer Drivers	COSMED bikes and treadmills, h/p/cosmos, Monark, Woodway, Ergoline, Lode, etc.					
Indirect Calorimetry & Nutrition Assessment						
Resting Energy Expenditure (REE, RMR)	●	●	●	●	●	●
Substrates Analysis (RQ, %FAT, %PRO, %CHO)	●	●	●			
Indirect Calorimetry w/ ventilated patients (ICU)		○				
Indirect Calorimetry w/ canopy hood		●		○	○	○
Indirect Calorimetry w/ face mask	●	●	●	●	●	●
Indirect Calorimetry w/ mouthpieces-antibacterial filter	○	●	○	●	●	●
Weight Management Program (Energy Balance)				●	●	●
PAL classification				●	●	●
Diet Planner				●	●	●
Spirometry						
Forced/Slow Vital Capacity (SVC/FVC)	○	○			●	
Maximum Voluntary Ventilation (MVV)	○	○			●	
Bronchial Challenge test	○	○			●	
Risk Analysis						
Framingham Index				●	●	
Duke Score, Bode Index, European Cardio Score					●	
Fitness Assessment						
Muscular Endurance/Strength/Flexibility				●		
Standardized Measurements (WHR, BP, RHR, etc)				●	●	●
Body composition by Skinfold (Formulas)				●	●	●
Exercise Prescription						
ACSM Exercise Prescription				●		
VO ₂ /HR Training Zones (based on AT)				●	●	
Recommended Exercise Intensity for Cardiac Rehab					●	